

2001 California Dietary Practices Survey

Table 76: Times Per Month Family Does Physical Activity Together (Out of Everyone)

Question: How many times per month does your family do some kind of physical activity together, such as gardening, cycling, going to the park, or swimming?

	Mean Number of Times Per Month
Total	5.1
<i>Sex</i>	
Males	5.0
Females	5.1
<i>Males</i>	
18 - 24	3.3
25 - 34	5.0
35 - 50	5.8
51 - 64	4.8
65+	5.8
<i>Females</i>	
18 - 24	3.7
25 - 34	4.9
35 - 50	6.1
51 - 64	4.4
65+	5.6
<i>Ethnicity</i>	
White	5.5 ^b **
Hispanic	4.0 ^a
Black	3.5 ^{ab}
Asian/ Pacific Islander	4.2 ^{ab}
<i>Education</i>	
Less than high school	3.5 ^a ***
High school graduate	4.9 ^{ab}
Some college	4.6 ^a
College graduate	6.1 ^b
<i>Income</i>	
Less than \$15,000	4 ^a ***
\$15,000 - 24,999	4.5 ^a
\$25,000 - 34,999	4.4 ^a
\$35,000 - 49,999	5.4 ^{ab}
\$50,000+	6.4 ^b
<i>Physically Active</i>	
Did not meet recommendations	3.6 ***
Met recommendations	7.0
<i>Overweight Status</i>	
Overweight/Obese	5.4
Not overweight	4.9

A box around a group of numbers signifies that differences observed within this group are statistically significant

Chi Square Test

** p<.01

*** p<.001